


SEPTEMBER 2019					Also check out our Fitness and Pool class schedules at the front desk!
Monday	Tuesday	Wednesday	Thursday	Friday	
2 	3 8:15 Zumba* 10:00 Guitar Lessons* 12:00 Duplicate Bridge 1:00 Pickin’ Circle <div><i>The AWC Celebrates 13 years this month!</i></div>	4 9:30 Open Dominos 10:00 Diamond Painting 11:00 Caregiver Series: What is Respite & Why Do I Need It?* 1:00 Bridge Club 2:00-4:00 Pottery for Beginners* 4:00-6:00 Pottery Studio*	5 8:15 Zumba* 10:00 Open Woodcarving 11:00 Enjoy Life Gluten Free* 12:00 Open Mah Jongg 1:00 Lifewriting 1:00 Open Hand & Foot Cards 1:00 Pickin’ Circle	6 9:00-11:00 Line Dancing 9:00 Open Paper Crafting 10:00 Qigong Class* 10:30 Pinochle Lessons* 12:00 Duplicate Bridge 12:30 Pinochle 4:00 Art Inspiration* 5:00-6:30 Free Friday Dance	
9 9:00-11:00 Line Dancing 10:00 Mah Jongg Lessons* 10:00 Yarn Wranglers 10:30 Watercolor Class* 12:00 Open Mah Jongg 12:30 Pinochle 1:00 Open Dominos 5:30 Ballroom Dance*	10 8:15 Zumba* 10:00 Guitar Lessons* 11:00 Community Spotlight: Feed Communities Pre-Diabetes Program* 11:30 Photo Club 12:00 Duplicate Bridge 1:00 Pastel-Tuesday* 1:00 Pickin’ Circle	11 9:00-11:00 Medicare Q&A 9:30 Open Dominos 10:00 Diamond Painting 10:00 Pastel-Wednesday* 12:00 Northwest Lunch & Learn* 1:00 Bridge Club 1:00 Parkinson’s Support Group 2:00-4:00 Pottery for Beginners* 4:00-6:00 Pottery Studio*	12 8:15 Zumba* 9:00-11:00 Coffee with the Elder Law Attorney 10:00 Garden Volunteer Meeting 10:00 Open Woodcarving 12:00 Open Mah Jongg 1:00 Lifewriting 1:00 Open Hand & Foot Cards 1:00 Pickin’ Circle	13 9:00-11:00 Line Dancing 9:00 Open Paper Crafting 10:00 Qigong Class* 10:30 Pinochle Lessons* 12:00 Duplicate Bridge 1:00 AWC Bingo Party 12:30 Pinochle 4:00 Art Inspiration* 5:00-6:30 Free Friday Dance	
16 9:00-11:00 Line Dancing 10:00 Mah Jongg Lessons* 10:00 Yarn Wranglers 10:30 Watercolor Class* 12:00 Open Mah Jongg 12:30 Pinochle 1:00 Basket Weaving: Easy Shelf Basket* 1:00 Open Dominos 5:30 Ballroom Dance*	17 Silent Auction Starts at 1pm 8:15 Zumba* 9:00-1:00 AARP Driver Safety* 10:00 Guitar Lessons* 10:00 Medicare: Getting Started* 12:00 Duplicate Bridge 1:00 Pastel-Tuesday* 1:00 Pickin’ Circle 1:00 Stroke Support Group	18 9:30 Open Dominos 10:00 Diamond Painting/Pastel* 11:00 Air Power Lung Society 11:00 Looking Ahead: What If I Need Care* 11:30 Red Hats Fall Party 1:00 Bridge Club 2:00-4:00 Pottery for Beginners* 4:00-6:00 Pottery Studio* 5:00 Line Dancing	19 8:15 Zumba* 10:00 Caregiver Support Group 10:00 Member Meeting 10:00 Open Woodcarving 11:00 LIFT Widows & Widowers* 12:00 Open Mah Jongg 1:00 BUNCO 1:00 Lifewriting 1:00 Open Hand & Foot Cards 1:00 Pickin’ Circle	20 9:00-11:00 Line Dancing 9:00 Open Paper Crafting 10:00 Qigong Class* 10:30 Pinochle Lessons* 12:00 Duplicate Bridge 12:30 Pinochle 4:00 Art Inspiration* 5:00-6:30 Free Friday Dance Silent Auction Ends at 4pm	
23 AWC Anniversary Week 9:00-11:00 Line Dancing 10:00 Mah Jongg Lessons* 10:00 Yarn Wranglers 10:30 Watercolor Class* 12:00 Open Mah Jongg 12:30 Pinochle 1:00 Creative Card Making* 1:00 Open Dominos 5:30 Ballroom Dance*	24 AWC Scavenger Hunt 8:15 Zumba* 10:00 Guitar Lessons* 11:00 Staying Social: How to Do It the Right Way* 12:00 Duplicate Bridge 1:00 Pastel-Tuesday* 1:00 Pickin’ Circle 2:00 Book Club	25 9:00-11:00 Medicare Q&A 9:30 Open Dominos 10:00 Diamond Painting 10:00 Pastel-Wednesday* 1:00 AWC Talent Show 2:00-4:00 Pottery for Beginners* 4:00-6:00 Pottery Studio* 5:00 Line Dancing	26 8:15 Zumba* Library closes at 12pm today! All other activities in the Educational Wing are cancelled in order to decorate for CASINO NIGHT!	27 10:00 Qigong Class* 4:00 Art Inspiration* Library closed and activities in the Educational Wing are cancelled in order to decorate for CASINO NIGHT!	
30 9:00-11:00 Line Dancing 10:00 Mah Jongg Lessons* 10:00 Yarn Wranglers 10:30 Watercolor Class* 12:00 Open Mah Jongg 12:30 Pinochle 1:00 No Sew Fall Wreath* 1:00 Open Dominos 5:30 Ballroom Dance*	Have any new, fantastic, or collectible items you would like to donate for our Silent Auction??? Please bring them to the AWC by September 13th!	Join us for CASINO NIGHT Saturday, September 28th 7pm to 10pm <i>Early bird tickets available until September 20th for \$25! \$30 after that and at the door!</i>	<i>Please note that calendars are subject to change after initial printing. Consult the latest updated calendar at the AWC desk or call for specific questions about events.</i> <i>This calendar was last updated 8/19/2019 9:37 AM</i>	<div>Adult Wellness Center Monday through Friday 7AM through 7PM Saturdays 8AM-12PM Phone: 479-631-3333 Website: www.rogersar.gov</div>	

ADULT WELLNESS CENTER SEPTEMBER CLASS & ACTIVITY SCHEDULE

AARP Driver Safety Sept 17th 9am-1pm Game Rm A Learn safe driving tips and save money on your car insurance. Class is \$15 for AARP members and \$20 for others. Register by Sept 13th.

Air Power Lung Society Sept 18th 11am Game Rm A
For those who have an illness that affects breathing. Facilitated by Melinda Johns of Mercy.

Art Inspiration F 4pm Art Rm Students will bring their own art piece and supplies either in Watercolor, Acrylics, Colored Pencil, or Pen & Ink. Sandra Woodruff will provide individual instruction. \$20 for four sessions. Register by Sept 4th.

AWC Bingo Party Sept 13th 1pm Dining Rm Only \$5 to play!

AWC Scavenger Hunt Sept 24th 8am-4pm
Learn more about the AWC by participating in our scavenger hunt! Pick up your starter envelope at the desk and follow instructions. Finishers will get a special prize for finding all the spots!

AWC Talent Show Sept 25th 1pm Game Rm A
Whether you want to participate or watch, we'd love for you to take part in our annual talent show. If you'd like to be in the show, please let Brandy know by Sept 18th.

Ballroom Dance M 5:30-6:30pm Dining Rm This month we will be learning the Fox Trot. Instructed by Jerry Kendrick of Dance & Swing. Class is \$25. Please register by Sept 6th.

Basket Weaving Sept 16th 1pm Art Rm Debbie Hurd will instruct making an easy shelf basket. Class is \$5 to the AWC and \$25 to Debbie for the supplies. Register by Sept 12th.

Bridge Club W 1pm Game Rm B

Book Club Sept 24th 2pm Board Rm

BUNCO Sept 19th 1pm Game Rm A Only \$2 to play!

Caregiver Series: What Is Respite and Why Do I Need It? Sept 4th 11am Game Rm A Respite helps caregivers stay healthy so that they can provide better care for their loved one. Learn exactly what it is from Sara Scott, Executive Director of Adult Day NWA. Register by Sept 3rd.

Caregiver Support Group Sept 19th 10am Board Rm
Facilitated by the Alzheimer's Association. All are welcome!

Casino Night Sept 28th 7pm-10pm Support the AWC at our annual anniversary fundraiser! Enjoy a delicious dinner, live music and a fun night of gambling for awesome prizes! Early bird tickets are \$25 through Sept 20th and \$30 after that!

Coffee with the Elder Law Attorney Sept 12th 9-11am Game Rm A Stop by and get your legal questions answered from Elder Law Attorney, Todd Whatley, of Wilson + Miller.

Community Spotlight: Feed Communities Pre-Diabetes Progam Sept 10th 11am Game Rm A If you are at risk for developing diabetes, education is available to help you prevent it from happening. Nena Evans with Feed Communities will discuss a year-long program that can help. Register by Sept 9th.

Creative Card Making Sept 23rd 1pm Art Rm Learn to make unique pretty cards from Instructor, Genice Banning. Class is \$5 plus \$15 to instructor for supplies. Register by Sept 20th.

Diamond Painting W 10am-12pm Multipurpose Rm

Duplicate Bridge T 12-4pm Game Rm B

Duplicate Bridge F 12-4pm Game Rm A

Enjoy Life Gluten Free Group Sept 5th 11am Board Rm
If you have a gluten free or dairy free diet, please join us to discuss recipes or ideas. Please bring one or more (boxed or canned) food products for class to show others. Register by Sept 4th.

Free Friday Dance F 5:00-6:30pm Dining Rm Dancing is great for your health, attitude & social life. It's FUN & FREE!!!

Garden Volunteer Meeting Sept 12th 10am Board Rm

Guitar Lessons T 10am-12pm Dining Rm This class is for any level of player. \$45 class fee for four sessions. Register by Aug 30th.

Lifewriting Th 1pm-3pm Board Rm Memoir writing group.

LIFT for Widows & Widowers Sept 19th 11am Dining Rm
For those who have lost a spouse. A delicious lunch will be provided with a fun interactive activity together afterward. Register by Sept 16th. Sponsored by Dignity Memorial.

Line Dancing Every M & F 9am-11am & W Sept 18th & 25th 5-7pm Dining Rm No registration is required. The first hour is for beginners and the second hour is intermediate level.

Looking Ahead: What If I Need Care? Sept 18th 11am Dining Rm
Many people worry about their future, especially if they don't have someone to help them if their health declines. A panel of local experts will be here to answer questions & share ideas to ease your "what if" worries. Register by Sept 17th.

Mah Jongg Lessons M 10am-12pm Multipurpose Rm Learn to play this popular Chinese tile game. \$10 fee. Register by Sept 5th.

Medicare: Getting Started Sept 17th 10am-12pm Multipurpose Rm Whether you are new to Medicare or just need to research your benefits for 2020 (they can change), Mercy will be here to provide guidance on getting the most out of your Medicare in this informational seminar. Please register by Sept16th.

Medicare Q & A Sept 11th & 25th 9am-11am Lobby Stop by and get your basic Medicare questions answered from Humana.

Member Meeting Sept 19th 10am Board Rm If you have any questions or suggestions for the AWC, please come and share them.

No Sew Fall Wreath Sept 30th 1pm Art Rm Marguerite Steiner will teach you to make a pretty fall wreath using a form and squares of fabric. Class is \$5 for the AWC and \$5 to Marguerite for supplies. . Register by Sept 25th.

Northwest Lunch & Learn Sept 11th 12pm Dining Rm
This month's topic is Understanding Healthcare Options Following Unexpected Illness or Accident. Register by Sept 6th.

Open Dominos M 1pm–3:30pm Demo Kitchen

Open Dominos W 9:30am-12pm Demo Kitchen

Open Hand & Foot Cards TH 1pm-4pm Demo Kitchen

Open Mah Jongg M 12pm-4pm Multipurpose Rm

Open Mah Jongg TH 12:00pm-4pm Multipurpose Rm

Open Paper Crafting F 9am-12pm Art Rm

Open Woodcarving TH 10am-12pm Art Rm

Parkinson's Support Group Sept 11th 1pm Game Rm A

Pastel Class T 1pm or W 10am (Starts Sept 10th & 11th and last class is first week of October) Art Rm Learn pastel with Barbara Iglehart. Choose from the Tuesday or Wednesday class. Supplies provided during class. \$30 fee for four sessions. Please register at least two days before the class starts.

Photo Club Sept 10th 11:30am Multipurpose Rm Join other AWC members who enjoy photography! Share your own photos and learn tips to make you an even better photographer!

Pickin’ Circle T & TH 1pm Dining Rm All levels are welcome!

Pinochle M & F 12:30pm–3:30pm Game Rm B

Pinochle Lessons F 10:30pm Board Rm Instructed by Margot Tarcikowski. Please register by Sept 4th.

Pottery for Beginners W 2:00-4:00pm Art Rm Learn to create pottery with David and Monica Campio. Examples of the class pieces to be made will be on display at the AWC after Aug 26th. Class is \$50, all supplies included. Register by Sep 3rd.

Pottery Studio W 4:00-6:00pm Art Rm
This is for advanced, independent students only. \$25 monthly package includes 12.5 pounds of clay, use of equipment during studio time, and six pieces fired per month.

Qigong Class F 10-11:30am Game Rm B This class will include the Wudang 5 Animal Postures and is instructed by Jason Salgee. \$30 for four sessions. Register by Sept 4th.

Red Hats Fall Party Sept 18th 11:30am Demo Kitchen
Hostess, Lyndae Gilbert, will provide a light lunch for our fall party. Please bring a "Let's Make A Deal" purse with lots of junk in it to share for playing games. Wear your red hat!

Silent Auction Starts at 1pm Sept 17th and ends Sept 20th at 4pm Board Rm Come and support the AWC by bidding on items at our annual Silent Auction. If you have a new item to donate for the auction, please bring it to the AWC by Sept 13th.


Staying Social: How to Do It the Right Way Sept 24th 11am Game Rm A Learn about the benefits of staying connected to others and strategies to help you keep a healthy social life from Misty Burkes of Humana. Register by Sept 23rd.

Stroke Support Group Sept 17th 1pm Multipurpose Rm
Monthly support group for those who have had a stroke. Facilitated by Primrose Retirement, U of A and UAMS. New members always welcome.

Watercolor Class M 10:30am Art Rm Learn the basics of Watercolor painting with Sandra Woodruff. Class is \$20 for four sessions plus supplies. Register by Sept 5th.

Yarn Wranglers M 10am-12pm Board Room

Zumba T&TH 8:15am Dining Rm Led by Lilia Gamez, Zumba uses Latin music and dance for a fun, effective workout. Monthly class fee is \$25. Free for Silver & Fit members!

Monday	Tuesday	Wednesday	Thursday	Friday
	1 8:15 Zumba* 10:00 Guitar Lessons* 10:00-12:00 Medicare Drop-In 11:00 Eating Well with Diabetes* 12:00 Duplicate Bridge 1:00 Pastel-Tuesday* 1:00 Pickin’ Circle	2 9:30 Open Dominos 10:00 Diamond Painting 10:00 Pastel-Wednesday* 11:00 Tis the Season... FLU Season* 1:00 Bridge Club 1:00 Parkinson’s Support Group 4:00-6:00 Pottery Studio* 5:00 Line Dancing	3 8:15 Zumba* 10:00 Open Woodcarving 11:00 Enjoy Life Gluten Free** 12:00 Open Mah Jongg 1:00 Abstract Fluid Art Class** 1:00 Lifewriting 1:00 Open Hand & Foot Cards 1:00 Pickin’ Circle	4 9:00-11:00 Line Dancing 9:00 Open Paper Crafting 10:00 Qigong Class* 12:00 Duplicate Bridge 12:30 Pinochle 5:00-6:30 Free Friday Dance
7 9:00-11:00 Line Dancing 10:00 Mah Jongg Lessons* 10:00 Yarn Wranglers 12:00 Open Mah Jongg 12:30 Pinochle 1:00 Sew a Christmas Table Topper* 3:00 Pinochle Lessons* 5:30 Ballroom Dance*	8 8:15 Zumba* 9:00 Bridge Lessons* 10:00 Guitar Lessons* 11:00 Developing Better Habits* 11:30 Photo Club 12:00 Duplicate Bridge 1:00 Pastel-Tuesday* 1:00 Pickin’ Circle	9 9:00-11:00 Medicare Q&A 9:30 Open Dominos 10:00-2:00 Blood Drive 10:00 Diamond Painting 12:00 Northwest Lunch & Learn* 1:00 Bridge Club 1:00 Pastel—Wednesday* 2:00-4:00 Pottery for Beginners* 4:00-6:00 Pottery Studio* 5:00 Line Dancing	10 8:15 Zumba* 9:00-11:00 Coffee with the Elder Law Attorney 10:00 Garden Volunteer Meeting 10:00 Open Woodcarving 11:00 Pruning Tips for the Garden* 12:00 Open Mah Jongg 1:00 Lifewriting 1:00 Open Hand & Foot Cards 1:00 Pickin’ Circle	11 9:00-11:00 Line Dancing 9:00 Open Paper Crafting 10:00 Qigong Class* 12:00 Duplicate Bridge 12:30 Pinochle 5:00-6:30 Free Friday Dance
14 9:00-11:00 Line Dancing 10:00 Mah Jongg Lessons* 10:00 Yarn Wranglers 12:00 Open Mah Jongg 12:30 Pinochle 1:00 Open Dominos 1:00 Creative Card Making* 3:00 Pinochle Lessons* 5:30 Ballroom Dance*	15 8:15 Zumba* 9:00-1:00 AARP Driver Safety* 9:00 Bridge Lessons* 10:00 Guitar Lessons* 10:00-12:00 Medicare Drop-In 12:00 Duplicate Bridge 1:00 Pastel-Tuesday* 1:00 Pickin’ Circle 1:00 Stroke Support Group	16 9:30 Open Dominos 10:00 Diamond Painting 11:00 Air Power Lung Society 11:00 Mercy Watchman Procedure* 11:30 Red Hats Spooky Lunch 1:00 Bridge Club 1:00 Pastel—Wednesday* 2:00-4:00 Pottery for Beginners* 4:00-6:00 Pottery Studio* 5:00 Line Dancing	17 8:15 Zumba* 10:00 Caregiver Support Group 10:00 Open Woodcarving 11:00 Sugar: The Not So Sweet Truth* 12:00 Open Mah Jongg 1:00 BUNCO 1:00 Lifewriting 1:00 Basket Weaving* 1:00 Hand & Foot/Pickin’ Circle	18 9:00-11:00 Line Dancing 9:00 Open Paper Crafting 10:00 Qigong Class* 12:00 Duplicate Bridge 12:30 Pinochle 1:00 AWC Bingo Party 5:00-6:30 Free Friday Dance
21 9:00-11:00 Line Dancing 10:00 Mah Jongg Lessons* 10:00 Yarn Wranglers 12:00 Open Mah Jongg 12:30 Pinochle 1:00 Open Dominos 3:00 Pinochle Lessons* 5:30 Ballroom Dance*	22 8:15 Zumba* 9:00 Bridge Lessons* 10:00 Guitar Lessons* 11:00 Fall is a Four Letter Word* 12:00 Duplicate Bridge 1:00 Pastel-Tuesday* 1:00 Photo Contest Opening 1:00 Pickin’ Circle	23 9:00-11:00 Medicare Q&A 9:30 Open Dominos 10:00 Diamond Painting 10:00 Pastel-Wednesday* 11:30 Mercy Lunch & Learn* 1:00 Bridge Club 2:00-4:00 Pottery for Beginners* 4:00-6:00 Pottery Studio* 5:00 Line Dancing	24 8:15 Zumba* 10:00 Open Woodcarving 11:00 Community Spotlight: The Ombudsman Program* 12:00 AWC Chili Cook-off 12:00 Open Mah Jongg 1:00 Lifewriting 1:00 Open Hand & Foot Cards 1:00 Pickin’ Circle	25 9:00-11:00 Line Dancing 9:00 Open Paper Crafting 10:00 Qigong Class* 12:00 Duplicate Bridge 12:30 Pinochle 5:00-6:30 Free Friday Dance
28 9:00-11:00 Line Dancing 10:00 Mah Jongg Lessons* 10:00 Yarn Wranglers 11:00 Photo Contest Reception* 12:00 Open Mah Jongg 12:30 Pinochle 1:00 Open Dominos 3:00 Pinochle Lessons* 5:30 Ballroom Dance*	29 8:15 Zumba* 9:00 Bridge Lessons* 10:00-12:00 Guitar Concert 11:00 Caregiver Series: Alzheimer’s Arkansas Can Help* 12:00 Duplicate Bridge 1:00-3:00 Medicare Drop-In 1:00 Pastel-Tuesday* 1:00 Pickin’ Circle/ 2:00 Book Club	30 8:00-12:00 Memory Screening* 9:30 Open Dominos 10:00 Diamond Painting 11:00 What Is Probate?* 1:00 Bridge Club 1:00 Pastel—Wednesday* 2:00-4:00 Pottery for Beginners* 4:00-6:00 Pottery Studio* 5:00 Line Dancing	31 8:15 Zumba* 10:00 Member Meeting 10:00 Open Woodcarving 12:00 Open Mah Jongg 1:00 Halloween Dance & Costume Contest 1:00 Lifewriting 1:00 Open Hand & Foot Cards 1:00 Pickin’ Circle	** This event was added or changed after calendars went to print! Please see sign-up sheet for details!

ADULT WELLNESS CENTER OCTOBER CLASS & ACTIVITY SCHEDULE

AARP Driver Safety Oct 15th 9am-1pm Game Rm A Learn safe driving tips and save money on your car insurance. Class is \$15 for AARP members and \$20 for others. Register by Oct 11th.

Air Power Lung Society Oct 16th 11am Game Rm A
Facilitated by Melinda Johns of Mercy.

AWC Bingo Party Oct 18th 1pm Dining Rm Only \$5 to play!

AWC Chili Cook-off Oct 24th 12pm Game Rm A The AWC has some excellent chili makers! If you’d like to be in our contest, please sign up at the desk by Oct 22nd. Come to taste and vote!

Ballroom Dance M 5:30-6:30pm Dining Rm A continuation of last month’s Fox Trot, Instructed by Jerry Kendrick of Dance & Swing. Class is \$25. Please register by Oct 4th.

Basket Weaving Oct 17th 1pm Art Rm Debbie Hurd will instruct making a beautiful basket. Sample basket and supply price will be on display at the AWC by Oct 1st. Register by Oct 14th.

Blood Drive Oct 9th 10am-2pm Game Rm A

Book Club Oct 29th 2pm Board Rm

Bridge Club W 1pm Game Rm B

Bridge Lessons T 9-11am Starts Oct 8th Game Rm B Whether you are a beginner or need to brush up, Jeff Starr can improve your skills. Class fee \$25 for four lessons. Register by Oct 4th.

BUNCO Oct 17th 1pm Game Rm A Only \$2 to play!

Caregiver Series: Alzheimer’s Arkansas Can Help Oct 29th 11am Game Room A If you are caring for a loved one with dementia, Alzheimer’s Arkansas may be able to make your journey easier with their grant program. Register by Oct 28th.

Caregiver Support Group Oct 17th 10am Board Rm

Coffee with the Elder Law Attorney Oct 10th 9-11am Game Rm A Stop by and get your legal questions answered from Elder Law Attorney, Todd Whatley, of Wilson + Miller.

Community Spotlight: The Ombudsman Program Oct 24th 11am Game Rm A If you have a heart for those living in nursing facilities, you will be interested in learning about this volunteer program at the Area Agency on Aging. Register by Oct 23rd.

Creative Card Making Oct 14th 1pm Art Rm Learn to make unique pretty cards from Instructor, Genice Banning. Class is \$5 plus \$15 to instructor for supplies. Register by Oct 11th.

Developing Better Habits Oct 8th 11am Game Rm A Bad habits seem pretty easy to fall into, but good habits take some time to develop. Learn more about forming good ones from Elisabeth Bostian-Neal, LCSW of Springwoods. Register by Oct 7th.

Diamond Painting W 10am-12pm Board Rm

Duplicate Bridge T 12-4pm Game Rm B

Duplicate Bridge F 12-4pm Game Rm A

Eating Well with Diabetes Oct 1st 11am Game Rm A Mercy Diabetes Educator, Pamela Laney, will discuss foods to eat & foods to avoid when you have diabetes. She’ll also talk about serving sizes & guidelines for a healthy diabetic diet. Register by Sept 30th.

Fall is a Four Letter Word Oct 22nd 11am Game Room A
Kaitlyn Sambaugh, Physical Therapist from RehabFirst will discuss common causes of dizziness, as well as give tips that can help and explain possible treatment options. Register by Oct 21st.

Free Friday Dance F 5:00-6:30pm Dining Rm Dancing is great for your health, attitude & social life. It’s FUN & FREE!!!

Garden Volunteer Meeting Oct 10th 10am Board Rm

Guitar Concert Oct 29th 10am-12pm Lounge Enjoy the music of our talented AWC guitar students in the coffee lounge.

Guitar Lessons T 10am-12pm Dining Rm This class is for any level of player. \$45 class fee for four sessions. Register by Sep 30th.

Halloween Dance & Costume Contest Oct 31st 1pm Game Rm A

Lifewriting Th 1pm-3pm Board Rm Memoir writing group.

Line Dancing Every M & F 9am-11am & W 5-7pm Dining Rm

Mah Jongg Lessons M 10am-12pm Multipurpose Rm Class fee \$10 to learn this popular Chinese tile game. Register by Oct 4th..

Medicare Drop-In Oct 1st & 15th 10am-12pm Oct 29th1-3pm
Drop in and get your Medicare questions answered from Carol Crumpacker of One Source Financial.

Medicare Q & A Oct 9th & 23rd 9am-11am Lobby Stop by and get your basic Medicare questions answered from Humana.

Member Meeting Oct 31st 10am Board Rm

Memory Screening Oct 30th 8am-12pm Board Rm Have your memory tested from Brandi Schneider of the Schmieding Center. Sign up for your 20-minute appointment by Oct 28th.

Mercy Lunch and Learn: What Legacy Do I Want To Leave? Oct 23rd 11:30am Dining Rm Ask a panel of experts any question about tax laws, estate planning, power of attorney, wills, and trusts because it’s never too late to start planning. Register by Oct 18th.

Mercy Watchman Procedure Oct 16th 11am Dining Rm Enjoy a snack & learn about this new safe implantable medical alternative to taking blood thinners with Dr. Amr El-Shafei. Register by Oct 14th.

Northwest Lunch & Learn Oct 9th 12pm Dining Rm Enjoy an interesting program & delicious lunch! Register by Oct 4th.

Open Dominos M 1pm–3:30pm Demo Kitchen

Open Dominos W 9:30am-12pm Demo Kitchen

Open Hand & Foot Cards TH 1pm-4pm Demo Kitchen

Open Mah Jongg M 12pm-4pm Multipurpose Rm

Open Mah Jongg TH 12:00pm-4pm Multipurpose Rm

Open Paper Crafting F 9am-12pm Art Rm

Open Woodcarving TH 10am-12pm Art Rm

Parkinson’s Support Group Oct 2nd 1pm Game Rm A

Pastel Class T 1pm or W 10am Starts Oct 8th & 9th Art Rm
Learn pastels with Barbara Iglehart. Choose from the Tuesday or Wednesday class. Supplies provided during class. \$30 fee for four sessions. Register at least two days before the class..

Photo Club Oct 8th 11:30am Multipurpose Rm

Photo Contest Starts Oct 22nd at 1pm Board Room
Amateur photographers can pick up registration packets at the front desk after Oct 1st and turn in by Oct 16th.

Pickin’ Circle T & TH 1pm Dining Rm All levels are welcome!

Pinochle M & F 12:30pm–3:30pm Game Rm B

Pinochle Lessons M 3pm Location TBD Register by Oct 4th.

Pottery for Beginners W 2:00-4:00pm Starts Oct 9th Art Rm
Learn to create pottery with David & Monica Campio. Class fee \$50, all supplies included. Please register by Oct 7th.

Pottery Studio W 4:00-6:00pm Art Rm
This is for advanced, independent students only. \$25 monthly package includes 12.5 pounds of clay, use of equipment during studio time, and six pieces fired per month.

Pruning Tips for the Garden Oct 10th 11am Game Rm A
Learn the correct way & time for pruning your yard and garden from the Benton County Master Gardeners. Register by Oct 9th.

Qigong Class F 10-11:30am Game Rm This class will include the Wudang 5 Animal Postures and is instructed by Jason Salgee. \$30 for four sessions. Register by Oct 2nd.

Red Hats Spooky Lunch Oct 16th 11:30am Demo Kitchen
Join us for a fun spooky lunch & fall craft! Wear a costume and get a prize! Please bring a whole apple.

Sew a Christmas Table Topper Oct 7th 1pm Art Rm
Marguerite Steiner will teach you to sew a pretty table topper for the holidays. Class is \$5 for the AWC and \$5 to Marguerite for supplies. Register by Oct 2nd.

Stroke Support Group Oct 15th 1pm Multipurpose Rm
Facilitated by Primrose Retirement, U of A and UAMS.

Sugar: The Not So Sweet Truth Oct 17th 11am Game Rm A
Find out why this popular food is on high alert when it comes to your health and what you can do about it. Presented by Misty Burkes of Humana. Register by Oct 16th.

Tis the Season...FLU Season Oct 2nd 11am Game Rm A
Learn natural ways to prevent the flu from Dr. Janice LaBrie of Horizon Health Center. Register by Oct 1st.

What Is Probate? Should You Try to Avoid It? Oct 30th 11am Game Rm A Elrod Law Firm Attorney, James Burrus, will explain the process of probate and how it may affect your family in the future. Register by Oct 29th.

Yarn Wranglers M 10am-12pm Board Room

Zumba T&TH 8:15am Dining Rm Led by Lilia Gamez, Zumba uses Latin music and dance for a fun, effective workout. Monthly class fee is \$25. Free for Silver & Fit members!